**What to do when an injury occurs?**

EST: **STOP ACTIVITY THAT CAUSED INJURY**

* Prevents further damage
* Promotes effective healing
* Shortens recovery time

CE: **APPLY ICE AS SOON AS POSSIBLE**

* Decreases pain
* Controls inflammation
* Reduces muscle guarding

OMPRESSION: **WRAP INJURED AREA**

* Controls inflammation
* Promotes reabsorption of fluid



LEVATION: **RAISE INJURY ABOVE THE HEART**

* Reduces inflammation
* Drains blood and fluid from injured area
* Eliminates fluid pooling in injured area

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